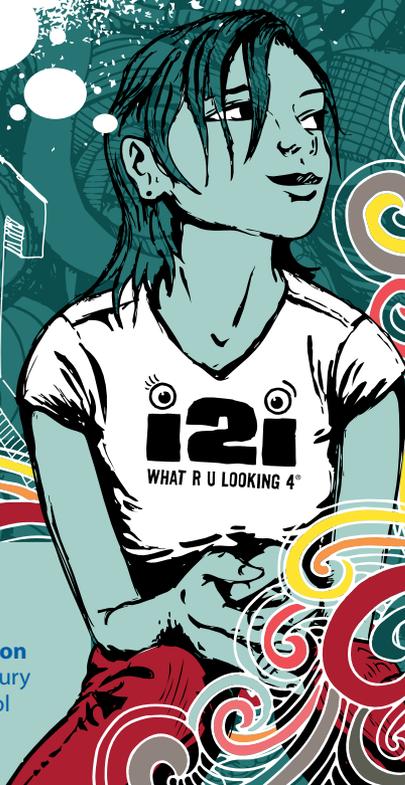


# iGUIDE

GOOD STUFF TO KNOW  
WHEN YOU'RE  
DATING



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control



## WHAT R U LOOKING 4®

Having a BF or GF is awesome, but to keep it that way, you're going to have to be on the same level. That means being open and honest, and doing your part to understand each other. So, whether you're dating now or just being casual about things, approach it like any good friendship.

It's called **BEING i2i**

Now, you don't have to agree on everything to be i2i. Sometimes it's about knowing how to disagree and respecting the other person's opinion.



**U+ME=i2i?**

# WHAT R U LOOKING 4 IN A RELATIONSHIP?

We're attracted to people for different reasons, like the way they talk, how they dress, or the things they're into. Sometimes, it's hard to explain what you like about someone—you just do, but what's important is how you go about it. Look, if you are dating, awesome! And if you're not yet, this can help you when you start. We developed this guide to help relationships stay awesome.

FILL IN THE BLANKS TO CREATE  
YOUR **DREAM** RELATIONSHIP

I want to meet a nice \_\_\_\_\_ noun \_\_\_\_\_ who won't roll  
\_\_\_\_\_ eyes while I sing \_\_\_\_\_ favorite song \_\_\_\_\_ in my  
best \_\_\_\_\_ favorite cartoon \_\_\_\_\_ voice.

## TIP:

It's a good sign  
when they laugh  
at your jokes.

## i2i PLAYLIST

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



CREATE YOUR OWN  
PLAYLIST WITH YOUR  
FAVE LOVE SONGS.



# So, how can you tell if you're in a healthy relationship?

Well, if anyone knows how you're truly feeling, it's that brain inside your tummy.

**Listen to your gut.** Thanks to your own amazing senses, you probably already know more about healthy and safe relationships than you think.

Here's a list of things your gut should be looking out for, and stuff we'll cover in this guide:

★ Are you able to be the best version of yourself?

💬 Can you both talk about what's on your mind?

50/50 Do you make decisions together?

☮ Can you both control your anger?

♥ Do you respect each other? And, most importantly, does it show?

PS.  
If you can't check all of these off then there's room to improve.



EVEN "OPPOSITES" CAN BE I2I.

# DOES YOUR BOO BRING OUT THE REAL YOU?

Or are you pretending to be someone else? 

Has anyone ever told you: you are what you're into? Well, you are. Today you might be into gaming, tomorrow tight rope walking, or maybe you're known for being there for your friends—whatever it is, that's what makes you interesting and no one should take that away from you. Just be yourself and remember to let your partner be their best too.

List 5 great things that make you, the  amazing you.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

  
BEING i2i  
IS BEING THE BEST  
VERSION OF YOU.

RELATIONSHIPS  
ARE LIKE PHOTO ALBUMS



IS YOURS FILLED WITH HAPPY MEMORIES?

# TURN THOUGHT BUBBLES INTO TALK BUBBLES

Can you say what's on your mind or are you afraid of how they might take it?

It takes trust and honesty to share your feelings—two majorly important ingredients in a healthy relationship. So, if you have a question, concern, or even if you don't love mushrooms on your pizza, you should feel comfortable enough to bring it up, in a way that doesn't hurt each other's feelings.

"Why does he have to text me every 5 minutes?"

"Why does she treat me differently when her friends are around?"

"I wish she would stop posting embarrassing pics of me."

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IS SOMETHING  
ON YOUR MIND?

Fill it in to get it out. Maybe next time you can say it out loud.

BEING *i2i* IS BEING ABLE TO TALK OPENLY.





IT'S NOT WRONG  
TO THINK THE PERSON  
YOU'RE WITH SHOULD  
TREAT YOU RIGHT.

# KEEP IT 100

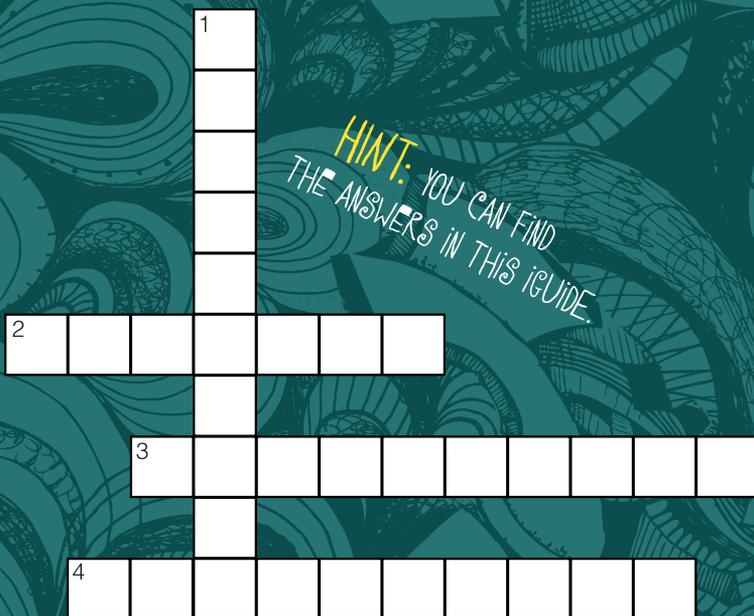
by being  
50/50

Making decisions together is a big part of dating. Seriously, no one wants to only do what the other person wants. A good relationship isn't about getting your way, it's about doing the good things you both like to do. So just remember, making plans takes two, and frankly, it's a good way to avoid silly arguments.

BEING *i2i* MEANS  
KNOWING WHEN TO MEET HALF WAY.



# THE SIGNS OF A HEALTHY RELATIONSHIP



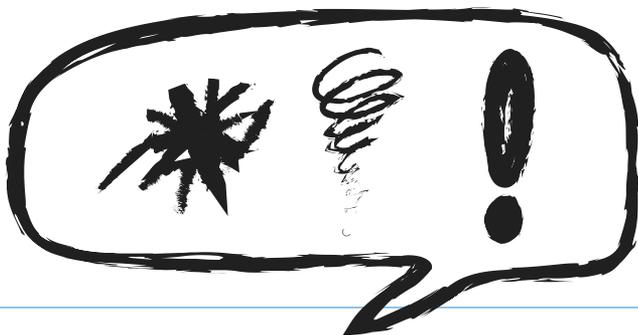
**HINT:** YOU CAN FIND  
THE ANSWERS IN THIS GUIDE.

## ACROSS

2. When you're being considerate of your partner's feelings you're showing them \_\_\_\_\_.
3. When making plans, if you are 50/50 you're "Keeping it \_\_\_\_\_."
4. When your partner respects you for who you are it's easy to \_\_\_\_\_.

## DOWN

1. When you have something on your mind you should be able to \_\_\_\_\_.



---

BEING *izi* MEANS CONTROLLING YOUR  
ANGER AND BEING ABLE TO TALK THINGS OUT.

---

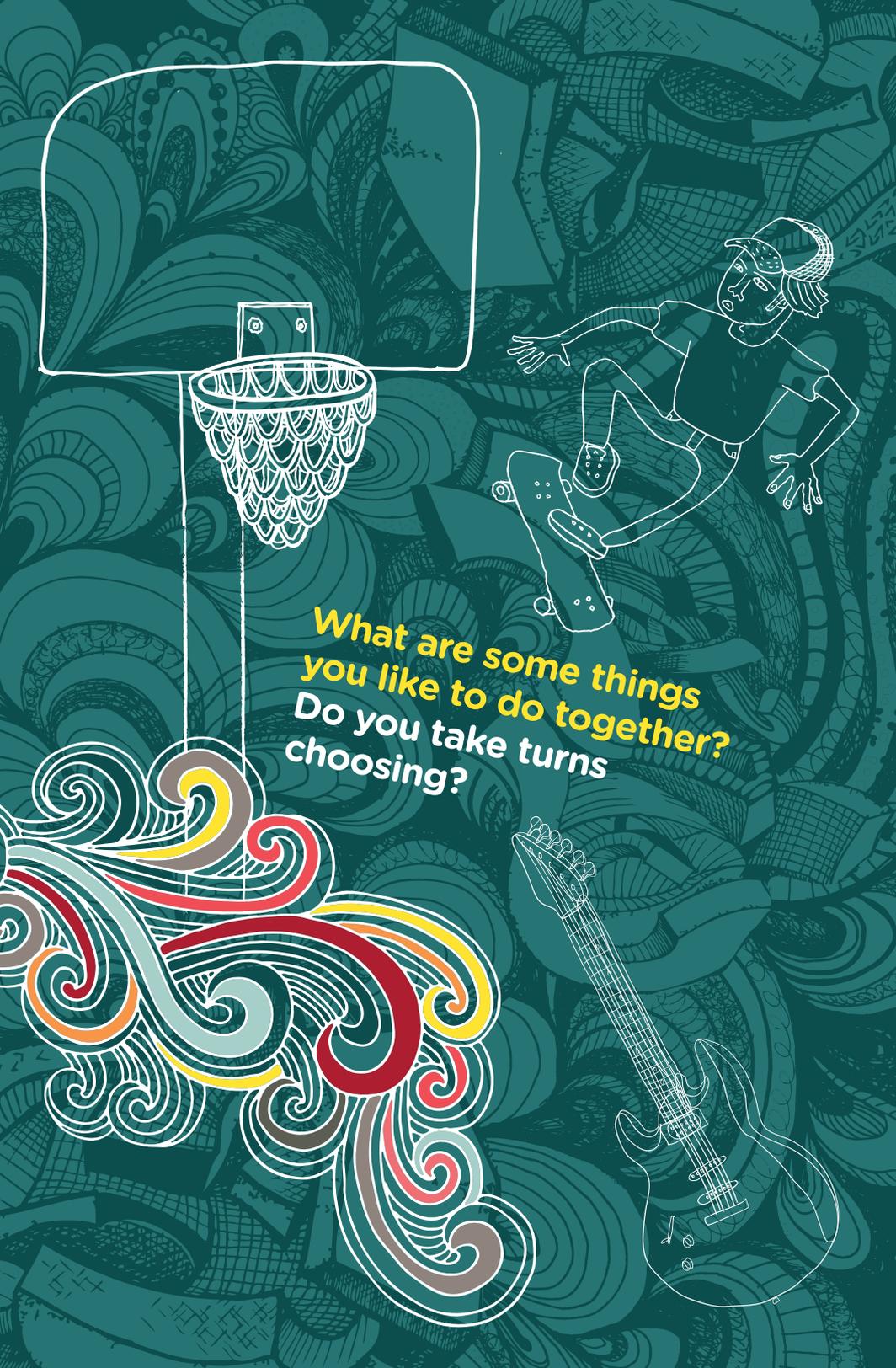
Sometimes you can't avoid feeling angry or frustrated with each other. Even good relationships have their bad days. It happens, and when it does, here are some things you can do about it:

**1. CHILL**

**2. TAKE A DEEP BREATH**

**3. THINK ABOUT WHY YOU'RE UPSET**

You don't want to make things worse by saying something you don't mean or doing something you'll regret. That's not going to fix anything. Sometimes taking a short walk can go a long way to avoiding an argument. Once you've cooled off it'll be easier to talk about it.



**What are some things  
you like to do together?  
Do you take turns  
choosing?**

# R-E-S-P-E-C-T

BEST WORD EVER!

The word “respect” gets thrown around a lot, so it’s easy to ignore. Still, it’s probably the **most important word** any relationship will ever know. It means that you value each other’s feelings and thoughts—that you understand each other’s limits—that you’re in this thing for all the right reasons and that you really, truly do like each other. Here’s how it works in a healthy relationship:



**Respect** is liking the other person for who they are and letting them be themselves.

**Respect** is caring about the other person’s feelings and making decisions together.

**Respect** is thinking about what you say, because, think about it, nobody wants to get their feelings hurt.

**Respect** is being open to what the other person has to say, because if something’s on their mind, you should hear them out.



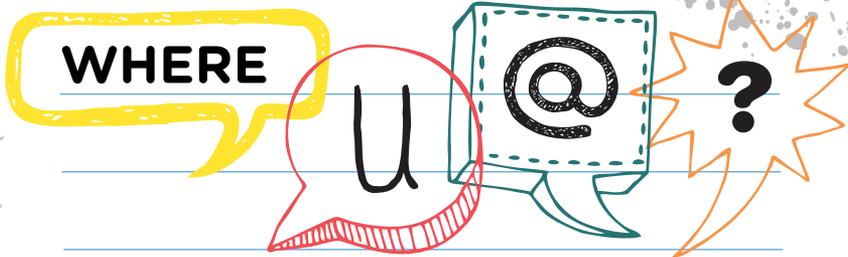
BEING **i2i** MEANS  
HAVING **RESPECT** FOR  
EACH OTHER. IT’S AS  
SIMPLE AS THAT.



What does  
being i2i  
mean to you?

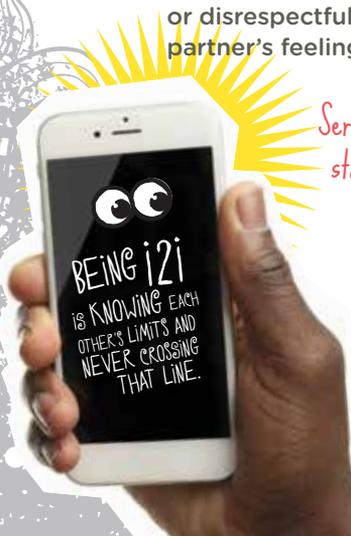
DRAW A DESIGN  
FOR A T-SHIRT





Look, no one's saying you shouldn't text or chat to keep in touch, but it's up to you to set the ground rules for how that stuff fits in your relationship. Remember:

- You're allowed to keep some things private. Emails, personal info, and passwords are for your eyes only, and nobody else's. Except, of course, your parents.
- You have a say in what your partner posts about you. Pictures and personal stuff should get the "thumbs-up" from you first.
- Unlimited texting is nice to have, but not always nice to do. Set your limits so your partner knows how much is too much.
- It goes both ways. If you're being obsessive with emails or disrespectful with posts—check yourself—respect your partner's feelings.



*Seriously, there's a big difference between staying connected and tracking each other's every move. If your partner doesn't respect that, then maybe you should text them "t2go" and find someone else who will.*

SMH  
FTW  
TFW  
OOTD  
IMHO  
AFAIK  
AMA  
GOAT

WHAT??



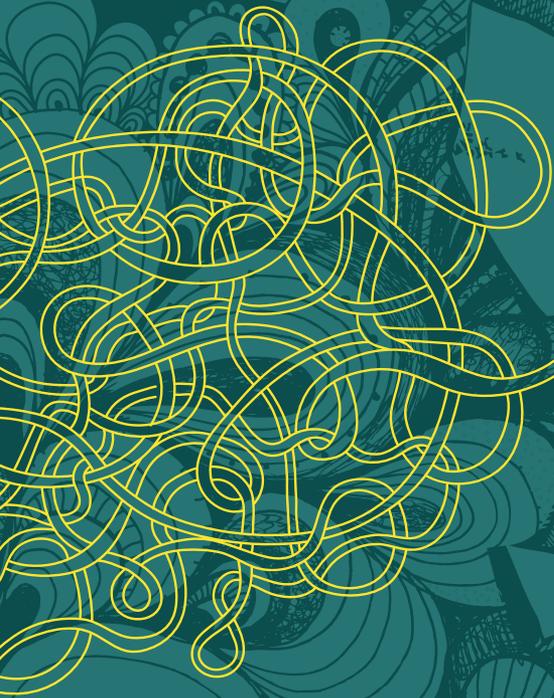
IF YOU'RE NOT i2i THEN

# WHERE'S YOUR HEAD??

There are lots of things that can spoil a relationship—jealousy, control, dishonesty, disrespect, and dependence. Their whole purpose is to throw you off balance and pull you both further apart. Sometimes these things are hard to recognize at first, so here are some unhealthy behaviors to look out for:

-  Your partner gets jealous when you make plans with other people.
-  Your partner gets upset when you don't answer their chats, snaps, or texts right away.
-  Your partner lies to you or keeps things from you to cover something up.
-  Your partner makes fun of you, discourages you or destroys something that belongs to you.
-  Your partner is reading your text messages or wants to know who you've been talking to online.



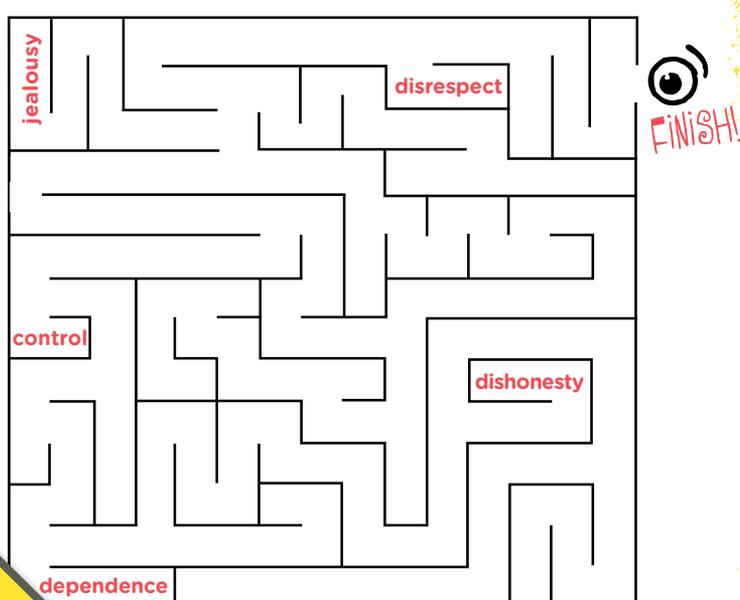


?  
No doubt, relationships  
can be confusing sometimes.  
Who do you talk to about  
this stuff?





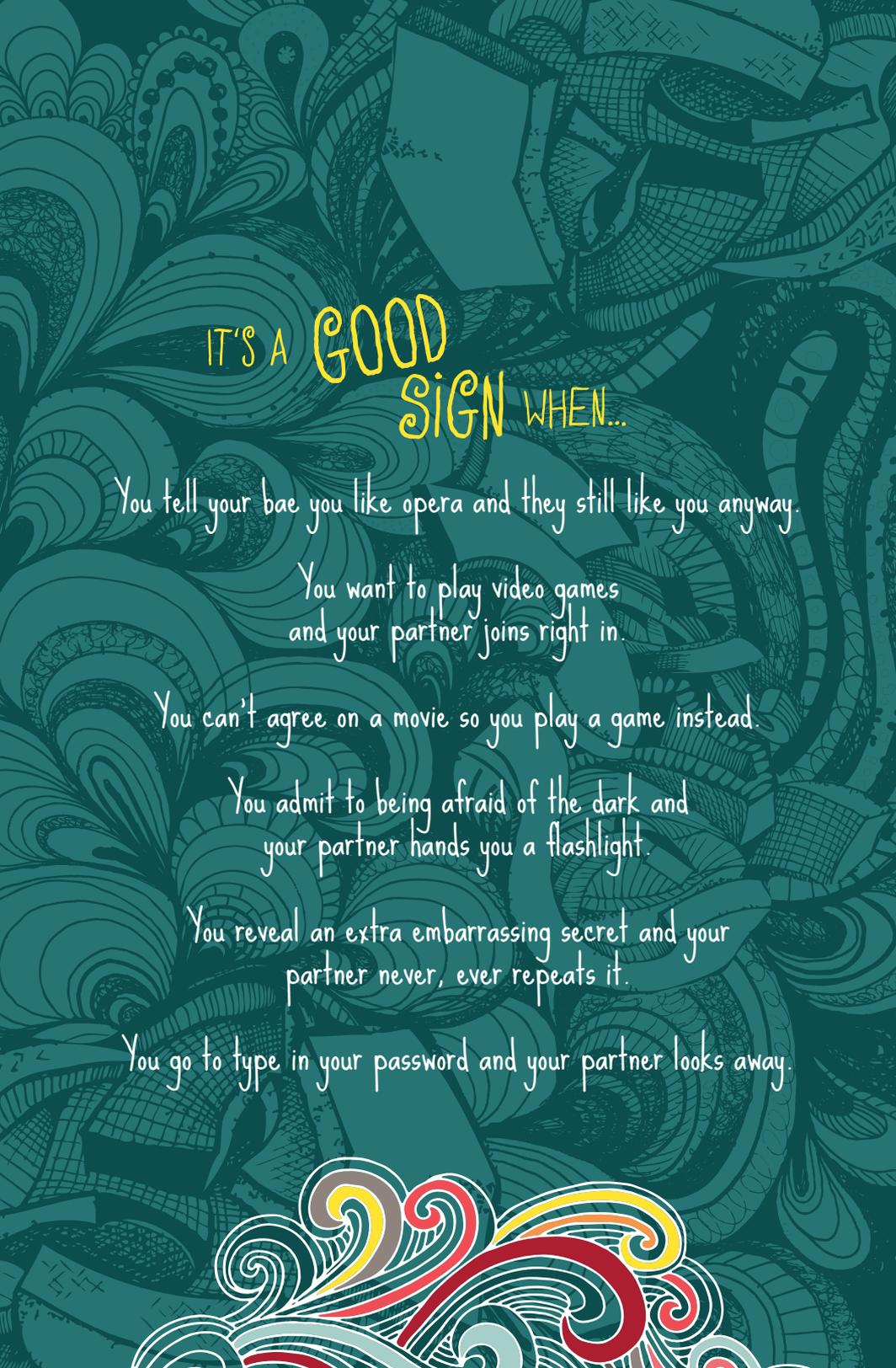
Think about it. Have you ever done or experienced anything like this? Remember to listen to your gut. If it's telling you that something doesn't feel right, take a break and think it through. It could be one of these behaviors trying to spoil your relationship.



**AVOID**  
relationship  
dead ends. Stay  
i2i to keep it  
together.



SOMETIMES, BEING i2i  
MEANS GETTING ANOTHER OPINION.  
TALK TO SOMEONE OLDER. WHO'S BEEN  
DATING A WHILE, THEY MIGHT HAVE  
SOME GOOD SUGGESTIONS.



## IT'S A GOOD SIGN WHEN...

You tell your bae you like opera and they still like you anyway.

You want to play video games and your partner joins right in.

You can't agree on a movie so you play a game instead.

You admit to being afraid of the dark and your partner hands you a flashlight.

You reveal an extra embarrassing secret and your partner never, ever repeats it.

You go to type in your password and your partner looks away.

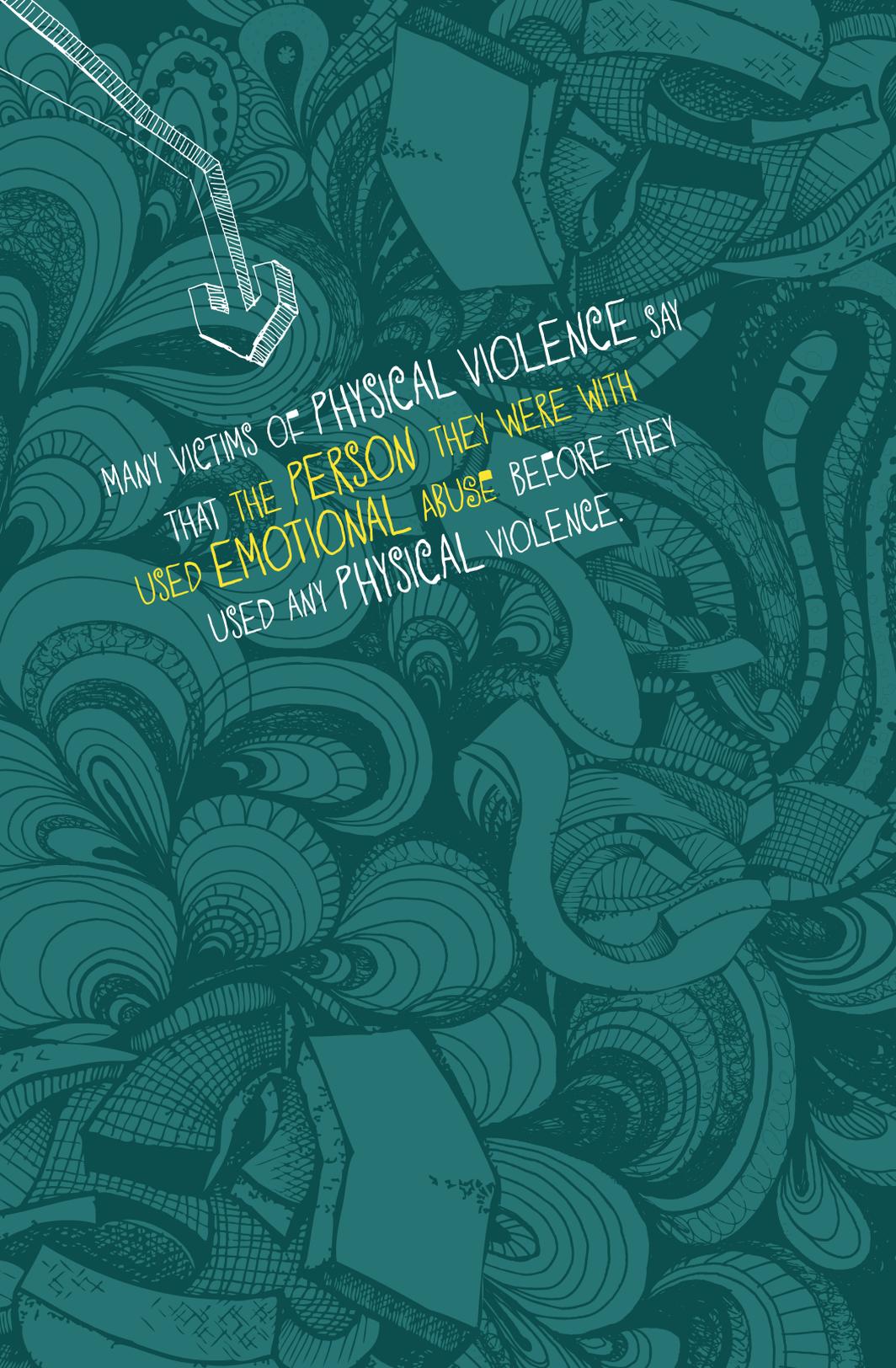
## Crossing the line.

Listen, there's something called **"teen dating violence."** It's not easy to talk about, but it's important for you to know about it. Because bad things can happen, but if you're in the know, they can be stopped before they get worse.

Violence comes in many forms. It can be verbal, physical, emotional, or sexual. It's not just disagreeing about things—it's more serious than that. Violence is when someone you're dating is hurtful on purpose. It's the complete opposite of respect, so there's no point in putting up with it.

These behaviors don't go away on their own. If you see or experience anything like this, talk to an adult right away. Seriously.

BEING i2i  
MEANS NEVER, EVER HARMING  
EACH OTHER. IF IT COMES  
TO THAT THEN IT'S TIME  
TO GET HELP—  
AND GET OUT.



MANY VICTIMS OF PHYSICAL VIOLENCE SAY  
THAT THE PERSON THEY WERE WITH  
USED EMOTIONAL ABUSE BEFORE THEY  
USED ANY PHYSICAL VIOLENCE.

## Here's what we mean by violence:

- ❗ Making someone uncomfortable on purpose is called bullying. **NOT COOL.**
- ❗ Trying to control someone with threats is called intimidation. **IT'S NOT RIGHT.**
- ❗ Leaving threatening notes, showing up unannounced, and nonstop phone calls or text messages is called stalking. **IT'S NOT OK.**
- ❗ Calling names, spreading rumors, and threatening to hurt yourself to get what you want is called emotional abuse. **YOU'RE BETTER THAN THAT.**
- ❗ Hitting, slapping, grabbing, or shoving is called physical violence. **UNACCEPTABLE.**
- ❗ Forcing someone to kiss, hook up, or go further before they're ready is called sexual violence. **IT'S NEVER OK.**

REMEMBER: You deserve  
to be treated RIGHT.  
That means no one should try  
to make you do something  
that feels WRONG.



# Who can you talk to?

Knowing what to do if your partner crosses the line can feel confusing. What will people think? How will they react? What will happen next? There may be lots of question marks up in the air, but remember, there are people who can help you answer them. Teachers, nurses, and other adults in your community know how to help with these situations. Talk to them. It's their job!

Start thinking about the adults you trust and can talk to. Look around at school, in your family, and in your community, and then write it down.

1. School:

---

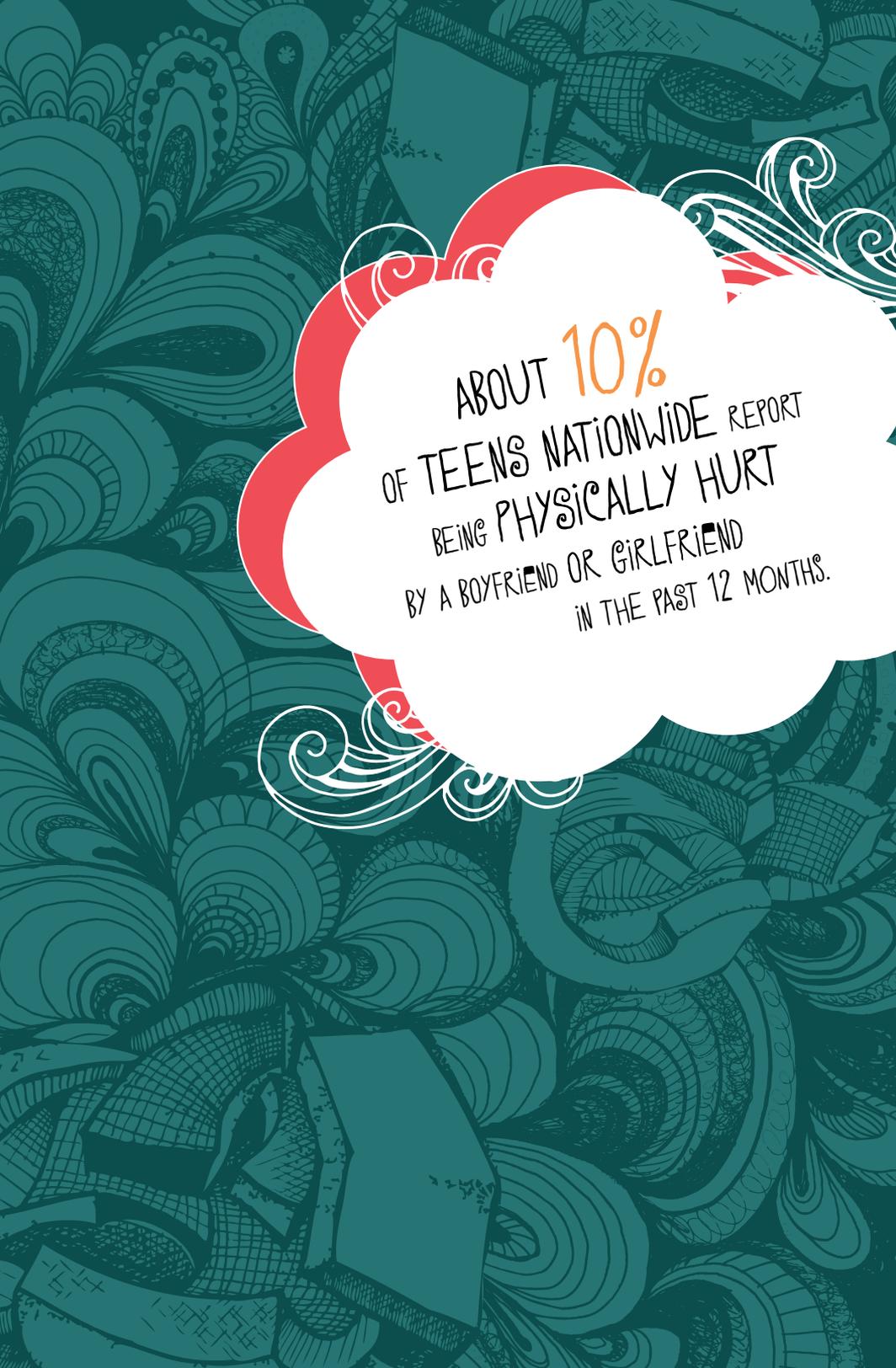
2. Family:

---

3. Other:

---

If you want (or need) help beyond the adults in your community, call or text the **National Dating Abuse Helpline**, 1-866-331-9474 or text "loveis" to 22522.



ABOUT 10%  
OF TEENS NATIONWIDE REPORT  
BEING PHYSICALLY HURT  
BY A BOYFRIEND OR GIRLFRIEND  
IN THE PAST 12 MONTHS.

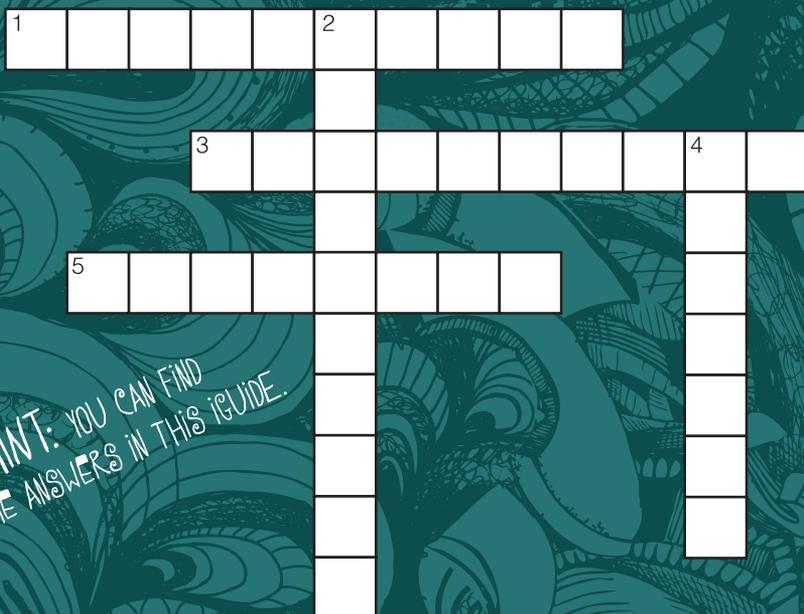
## How to quit a bad thing.

Nobody likes to think about breaking up, but when a relationship becomes unhealthy, unsafe, or just runs its course, it's something that has to be done. Since you never know how the other person will react, here's some good wisdom to follow:

- Tell an adult or friend that you're planning to break up with your partner. It helps to talk about it before it happens.
- If it was a healthy relationship it's ok to do it in person, but if it wasn't then it might be safer to email, text, or phone it in.
- If you choose to break up in person, do it in public. If you're worried for your safety then bring your phone and make sure an adult is nearby.
- Breaking up is hard. Stay strong. Tell your partner why you're breaking up with them, and stick to it.
- After you've broken up, try to keep your distance until you've both moved on.
- And if you're broken up about it, try to avoid sad love songs.

If you ever feel unsafe in a relationship, don't bother breaking up—get to safety first and then get help from a trusted adult.

# RELATIONSHIP RED FLAGS



HINT: YOU CAN FIND  
THE ANSWERS IN THIS GUIDE.

## ACROSS

1. Your partner says they can't live without you.
3. Your partner puts you down and makes fun of you.
5. Your partner gets upset when you hang with your friends.

## DOWN

2. Your partner keeps information from you.
4. Your partner makes all the decisions and tells you what to do.

ANSWERS: 1. Dependence 2. Dishonesty 3. Disrespect 4. Control 5. Jealousy

Hopefully, we've shared some stuff you can get behind. And if you already knew a lot of this, then that's even better. The whole point of this guide is to make sure you have what you need to have great relationships. Now, go try some i2i on someone really special. You deserve it.

Being i2i also means you've got something others might not have. Share the i2i wisdom so that your friends can have healthy relationships too.



HAVE A **GREAT** [ **i2i** ]  
**RELATIONSHIP!**  
WHAT R U LOOKING 4



BEING izi is...

being cool with  
spending time apart.

supporting each other's choices.

sharing your feelings.

telling your  
partner the truth.

being yourself.

What's your definition?

\_\_\_\_\_

"I wuv U Schmoopie Doo."

Boo Boo

Cuddle Bug

Honey Bunny

Luv Bucket

Snookums

Main Squeeze

We say funny things

when we're crushing

on someone. Here's a

list of pet names you

might not want your

friends to hear.



What other  
nicknames  
have you  
heard?





















BEING *i2i* IS

BEING HONEST, BEING YOURSELF,  
BEING RESPECTFUL, BEING  
OPEN TO OTHER IDEAS...

R U BEING *i2i* ?



**i2i**  
WHAT R U LOOKING 4™









# MY INFO



This notebook belongs to : \_\_\_\_\_

My i2i Ambassador contact is : \_\_\_\_\_

If found please call : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

I'm a student at : \_\_\_\_\_

Copyright 2012, all rights reserved. *i2i: What R U Looking 4?*™  
and the *i2i* logo are trademarks of HHS/CDC.





**i2i**  
WHAT R U LOOKING 4™